

Portion Control

Tips for Losing Weight and Keeping it Off Strategies to promote healthy eating and activity

These tips were used in the Healthy Weigh Study to help participants reach and maintain their weight loss goals while eating healthy portions. New tips were sent to participants in a daily email, addressing the different environments they encounter in a day.

The numbers shown here indicate the ranking of the tips participants, based on which they said they read and then used in their weight loss journeys. This list contains the top ten, most useful tips from the Healthy Weigh study. The complete list of tips for each category can be found in the section starting on page 13.

1

Stop eating once you feel satisfied, not once your plate is clear.

6

Actively try to eat slower than usual. Using chopsticks instead of a fork may help!

2

Don't eat while standing in the kitchen or at a desk, but set a place and sit down while you eat.

7

Start your meal with a salad or low calorie soup to help fill you up.

3

Use a smaller plate, glass, or bowl to help reduce portion size.

8

Use a measuring cup to portion out your food to the proper serving size to get an idea of how much you are eating.

4

Don't snack directly from box or bag, pour out one portion at a time so you are aware of how much you are eating.

9

Reduce portion size by using a tablespoon (instead of a large serving spoon) to serve food.

5

Pack up one portion worth of snacks in bags or Tupperware to bring with you for a snack on the go. Snack on this instead of fast food.

10

Use a plate that is a different color than your food, because this can help reduce portion size.

